

## Simple Remedies Best

It may be said, with little fear of contradiction from those who know the facts, that if a cast iron law forbidding the use of any drug whatever in the treatment of headache could be enacted and enforced there would be much less misery for the coming generation than there is for this.

A sufferer from repeated headaches who has found a means of relief in "headache powders" or other even less harmful drugs may dispute this assertion, but the victims of some drug habit or the friends of one whose heart, poisoned by acetanilid or antipyrin, has suddenly ceased to beat before its time will look at the matter from another point of view entirely.

During the Spanish war numbers of would-be recruits were rejected because of a weak heart, and in the epidemic of pneumonia which ravaged the country last winter an unusual number of deaths occurred from failure of the heart to meet the added strain.

Although various causes have doubtless been at work to weaken the hearts of the present generation, there can be no question that one potent influence has been the indiscriminate use of headache powders.

In all cases of habitual headache

recurring periodically, a physician must, of course, be consulted, that he may find the cause—eye strain, disease of the ears, nose, stomach or other distant organs—and remove it if possible. But the separate attacks of headache have to be relieved if severe, and in these cases it is better not to resort to drugs unless the drugs are taken under the special guidance of a physician.

In the congestive headache, marked by throbbing and made worse by stooping or lying down, a cold towel or an ice bag applied to the head, a hot water bag to the spine, a mustard foot bath—one or more—will often give relief when many drugs fail.

In the anaemic form of headache marked by pallor, in which the pain is made less severe by lying down, massage of the head or the application of warm cloths to the head and face will often be found grateful. A threatened bilious headache may sometimes be warded off by a dose of epsom salts, as may other headaches due to "auto-intoxication," and one due to overuse of the eyes or eye strain will usually, if taken at the moment of the first warning, be arrested or mitigated by closing the book and going for a walk.—Youth's Companion.

## Astrology and the War

A Japanese newspaper recently received in this city tells a remarkable story of the part played by astrology in the present war with Russia. It states that Japan has for many years looked forward to a war with Russia, and the Mikado got the opinions of the most noted astrologers in his realm as to the most favorable time to begin hostilities. It seems the old science of astrology is still regarded in Japan as a valuable aid in determining the affairs of life, and the various aspects of the planets are studied with great care. In astrology every country is ruled by a certain sign of the zodiac, and the fortunes and misfortunes of any country can be determined by the beneficent or malefic planets as they pass through the country's zodiacal sign.

The sign of Aquarius rules Russia, and when the Mikado's astrologers were consulted about five years ago they at once gave it as their opinion that the most opportune time to begin war would be when the evil planet Saturn passes through that sign. Saturn's influence is very male-

fic, and astrology has it that any person or country afflicted by that planet's influence is doomed to fail. Saturn passed into the sign Aquarius last year and remains therein two and a half years. By retrograde motion the planet has now reached the fifteenth degree in that sign, wielding its powerful influence against the fortunes of Russia in favor of Japan. Considering the success Japan has so far had in the war, the prophecy of the Japanese astrologers has been in part fulfilled. However, Japan must win before Saturn passes from Aquarius into the next sign, Pisces, for then the influence of evil will have passed away from Russia and Japan's chances against her would not be so favorable. In order to accomplish this Japan is pushing the war with all possible speed, feeling secure in the belief that the stars are on her side, while Russia, with all her resources and vast army is for the time helpless because of the celestial influence operating against her. Students of astrology all over the world are watching the outcome with great interest.—Exchange.

## The Stars and Stripes!

A great big friend of all the world  
Is your genial Uncle Sam.  
And he has no need to pose and strut  
As the only great "I am!"  
He knows there is none as big as himself,  
But on this he makes his brag—  
That there's none so happy, and none so free  
As the millions under his flag!

Then it's eyes front—guide right—  
Dress to your uncle's flag!  
It's an emblem pure that can endure  
Without the aid of brag.  
Light of the hopeless, hope of the slave,  
It was, and ever shall be;  
So it's stand by—hats off  
To the flag of liberty!

The eagle's standard tops them all—  
'Eah! for the eagle bird,  
And the rest stand 'round and lie to the ground  
When his piercing voice is heard.  
In his talons keen there may be seen  
A flag—red, white, and blue;  
And he bears it high in the golden sky  
For Freedom's sons to view.

Then it's rally, boys—cheer, boys—  
'Rah for the eagle's home;

Built of the hills and the plains and  
the lakes,  
With her great sky for its dome,  
And 'rah for the stretch of the eagle's  
wing  
That covers this Western world;  
And all hurrah for the sand in his  
craw,  
And the flag that shall never be  
furl'd!

The battle line, the bloody breach,  
Have seen its folds of flame,  
Where dripping steel and the shrapnel's  
screach  
Were all a part of the game.  
But the boys "stood pat" for all of that,  
And the flag "stayed pat" where they  
took it,  
And though heroes fell in a rain of hell—  
Yet never a man forsook it!

Then it's steady, boys—ready, boys—  
For the banner of liberty!  
The flag that blesses hill and plain  
And kisses the bounding sea.  
Light of the hopeless, hope of the world!  
Mankind it ever shall bless;  
It will shed its light till the world is  
bright  
And its shadows never grow less!  
—George F. Vlett, in Leslie's Weekly.

**Suggests Church Costume.**  
In Longman's Magazine Andrew Lang suggests that there should be a church costume—some garment of cheap material covering the wearer

from head to foot and cape to correspond. Then, says Mr. Lang, "nobody will be ashamed to go to church because he has not a frock coat and tall hat."

## BISHOP OWES HEALTH AND LIFE TO PE-RU-NA.

Ministers of All Denominations  
Join In Recommending  
Pe-ru-na to the  
People.

Public speaking especially exposes the throat and bronchial tubes to catarrhal affections.

Breathing the air of crowded assemblies, and the necessary exposure to night air which many preachers must face, makes catarrh especially prevalent among their class.

Peruna has become justly popular among them.



BISHOP L. H. HALSEY.



### The Friends of Pe-ru-na.

Despite the prejudices of the medical profession against proprietary medicines, the clergy have always maintained a strong confidence and friendship for Peruna.

They have discovered by personal experience that Peruna does all that is claimed for it.

### The Bishop's Strong Tribute to Pe-ru-na.

L. H. Halsey, Bishop C. M. E. Church, Atlanta, Ga., writes:

"I have found Peruna to be a great remedy for catarrh. I have suffered with this terrible disease for more than twenty years, until since I have been using Peruna, which has relieved me of the trouble.

"I have tried many remedies and spent a great deal of hard-earned money for them, but I found nothing so effectual in the cure of catarrh as the great medicine, Peruna.

"I feel sure that Peruna is not only a triumph of medical science, but it is also a blessing to suffering humanity.

"Every individual who suffers with respiratory diseases will find Peruna a magnificent and sovereign remedy."—L. H. Halsey, Bp. C. M. E. Church.

Peruna is the most prompt and sure remedy for catarrh that can be taken.

Many a preacher has been able to meet his engagements only because he keeps on hand a bottle of Peruna, ready to meet any emergency that may arise.

We have on file many letters of recommendation like the one given above. We can give our readers only a slight glimpse of the vast number of grateful letters Dr. Hartman is constantly receiving, in praise of his famous catarrh remedy, Peruna.

## WINCHESTER

### Take-Down Repeating Shotguns

Don't spend from \$50 to \$200 for a gun, when for so much less money you can buy a Winchester Take-Down Repeating Shotgun, which will outshoot and outlast the highest-priced double-barreled gun, besides being as safe, reliable and handy. Your dealer can show you one. They are sold everywhere.

FREE: Our 160-Page Illustrated Catalogue.

WINCHESTER REPEATING ARMS CO. NEW HAVEN, CONN.

## 32 YEARS SELLING DIRECT

We are the largest manufacturers of vehicles and harness in the world selling to consumers exclusively.



No. 636. Combination Buggy with extra stick seat and 34 in. rubber tires. Price complete \$68.00. As good as sells for \$80 more.

### We Have No Agents

but ship anywhere for examination and approval, guaranteeing safe delivery. You are out nothing if not satisfied as to style, quality and price. We make 200 styles of vehicles and 65 styles of harness.



No. 327. Canopy Top Surrey. Price complete \$73. As good as sells for \$25 more.

Elkhart Carriage & Harness Mfg. Co., Elkhart, Indiana.